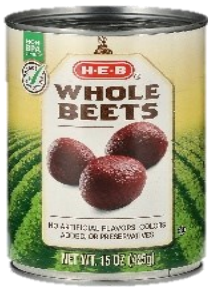


Spotlight on Beets!



Fun Facts About Beets

Beets are a vegetable, not a fruit!
Beets have a natural pink color.
Beets keep our hearts healthy!



Ways to buy Beets @ H-E-B

Fresh Beets
Pickled Beets
Canned Beets
Beet Juice
Beet Yogurt

Frozen Beets
Beet Crackers
Beet Chews
Beet Granola
Pureed Beets

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more
about
beets
here ->



Pink Beet Pancakes

Prep Time: 10 mins
Cook Time: 15 mins
Serving Size: 10-12 pancakes



Ingredients

1 ¼ cups all-purpose flour
¾ cups Original Malt-O-Meal
1 tablespoon baking powder
1/2 teaspoon salt
1 cup milk (or water)
1 large egg
2 teaspoon vanilla extract
1/3 cups H-E-B Select Ingredients Whole Beets (sold in 15-ounce cans)
Cooking spray, olive oil, or butter

Instructions

1. Gather all ingredients. You will need a pan or skillet, 2 medium mixing bowls, measuring spoons, a whisk, a can opener, a colander, a spatula, a plate, and utensils.
2. Mix the flour, Malt-O-Meal, baking powder, and salt together in a medium size bowl with a whisk until combined.
3. Add in the milk, eggs, and vanilla to the dry ingredients in the first bowl. Stir ingredients in this bowl with a spoon until combined.
4. Open the canned beets with a can opener. Drain the beets using a colander. Add the canned beets into the second medium size bowl. Puree the beets, or mash beets well with a fork or a potato masher.
5. Add the mashed beets into the first bowl with the rest of the ingredients. Stir the ingredients with a spoon until combined.
6. Heat a griddle pan or skillet over medium heat, add cooking spray.
7. Pour ¼ cup size pancake onto griddle. Let the pancakes cook until you see little bubbles burst. You will then flip the pancakes with a spatula and let the pancakes cook for 30-45 more seconds (until pancakes are golden).
8. Once cooked, remove the pancakes from the pan with a spatula and add to the plate.
9. If there is batter left, repeat steps #6, #7 and #8.
10. Enjoy!